



WHAT TO EXPECT FROM YOUR CHILD'S THERAPIST

An effective therapist:

- Is trauma informed
- Listens carefully to your concerns and ideas.
- Describes their overall approach for therapy
- Includes you and your child/youth in developing the treatment plan that will address the concerns you and your child/youth have
- Shares information regarding your child/youth's diagnosis, including their understanding of how your child/youth's problem developed.
- Understands the evidence-based treatments and promising practices that are available to treat your child/youth's symptoms
- Includes you and family members in therapy sessions and teaches you the skills your child/youth is learning in sessions
- Provides updates throughout the course of therapy. These updates should occur at least monthly (preferably weekly) and should be transparent for everyone involved in the treatment
- Includes you (and your child/youth when appropriate) in decision-making
- Avoids shame, blame and judgement
- **RESPECTS** your family's experiences, culture, values, privacy, opinions, beliefs, confidentiality, time and commitment
- Talks with you and your child/youth respectfully using understandable terms and answers any questions you or your child/youth may have.
- Helps to empower you to help your child/youth
- Holds a positive expectation that your child/youth will make progress
- Willingly explores new options when needed
- Is flexible and responsive to the child/youth and family needs
- Communicates with other key members of your child/youth's team as needed
- Works to keep your child/youth in the least restrictive environment to meet their needs
- Shares information about other resources, including parent-to-parent support
- Explains to caregivers that the age of consent to mental health treatment is age 14. At age 14, a youth can obtain their own treatment and make their own decisions about what treatment looks like for them. This can include refusing therapy and/or medications
- Is honest and upfront with the child/youth and family about what and when they may have to share their information with someone else (mandated reporter)
- Offers hope, trust and a supportive environment